



The next Probus Meeting
Will take place on Thursday,
April 15th, 2021
At 10:00 am,
via Zoom.

The Invitation & Link will be sent a day or two before the meeting, by email.

PLEASE NOTE!
Our invited speaker is;
Heather Treleaven
Topic:
The Seniors Network



Probus Club of Maple Ridge

President's Message and Program



Sam Lewindon, President

Probus Meeting, Program April 22nd, 2021

9:45	Sign -in
10:00	Welcome
10:05	Introduction of Guest Speaker
10:10	Guest Speaker
10:40	Q & A
10:55	Thank you
11:00	Club Speaker
11:20	Breakout session
11:35	Reconvene & business
11:45	Meeting closes

Welcoming Spring!

The worst of the winter weather is now, (hopefully), behind us, and now that the days are getting longer and warmer, it seems like Spring is finally coming - along with the much-awaited arrival of additional Covid 19 vaccines!

When the members' vaccinations are completed; when physical distancing restrictions are eased, when the weather turns warmer and brighter...(oh, that's a lot of 'when's') – perhaps we can become re-engaged with more of our Member Benefits; like the Special Interest Groups.

Some SIG's were able to stay connected during the winter months by using Zoom; the Book Club, Computer and Photography groups, for example. Now we hope to start up the walking groups – who are just itching to get out into the fresh air once more! To be followed closely, we hope, by the Dinner and Lunch groups. And, for those who have 'Artistic' talent, perhaps join together in an outdoor painting/sketching session?

For this time of year, a phrase comes to mind; "*Routering-about*" - derived from an old Yorkshire dialect word, 'Router', meaning "to rush around noisily." (A *routering-about* is a thorough spring-cleaning of a house, in the Dales County)!

**Whatever the reason, let's enjoy the Season, and get things moving!
Cheers!**



Introducing our Guest Speaker:

Heather Treleaven

Heather Treleaven is a dynamic communications consultant with a strong background in engagement and leadership, capacity building and community mobilization. As a community developer with a passion for supporting older adults, she has coordinated the Maple Ridge, Pitt Meadows and Katzie, Seniors Planning Table since 2009.



Highlights of the group's work include operation of a flourishing Inter-generational Garden, and, working collaboratively with the City of Pitt Meadows and City of Maple Ridge, to achieve the provincial Age Friendly Community Designation for both and membership in the World Health Organization's Global Network of Age Friendly Communities for the City of Maple Ridge.

Heather's strength lies in her ability to help others shine. She is a quiet force working behind the scenes building partnerships, securing funding, and advocating for change. She has a deep understanding of the value of grassroots initiatives for supporting vulnerable populations and building the resilience of individuals and the community as a whole.

"I inspire others by helping harness their passion and "big ideas" and bring them to fruition. Older adults in particular, may feel marginalized and overlooked when they actually have tremendous knowledge, experience, and value to offer."

Speaker's Notes:

Dr. Andrew Sixsmith

Laurie introduced Dr. Sixsmith who is a professor in the Gerontology Department of SFU as well as director of the Canadian Age Well Network.

Dr. Sixsmith gave us an overview of Canada's Age Well Network which is funded by both government and industry to develop new tech-based solutions to help people age well, not badly. Their mission is to develop a community of various groups who will use technology to make a meaningful difference in the lives of older Canadians. Although they have a training program involving over 1000 people, their aim is to turn research into real life help. There are over 19 start-up companies who have taken this research and are working on the commercialization of the ideas. This is necessary in order to get products to market so people can use them.

As we all know, social isolation during this last year of Covid 19 has been a huge issue for seniors. Age Well is working on helping reduce the digital exclusion of some adults, since not everyone has equitable access to technology. Projects in creating interactive apps as well as Robotics are being worked on. One success has been Famlinet, a project for older adults with little or no computer experience. This easy-to-use messaging app allows them to connect with their families. (www.famlinet.com).

A question period followed which resulted in a discussion of robotics and how useful they would be. Theo remarked that robots could not replace the human touch which so many of us are missing right now, and that many older adults do not want technology to replace human connections. Dr. Sixsmith said the best use of robots would be to do "fetch and carry" jobs and thus free up care givers to spend quality time with patients. He said there is nothing useful on the market now and it will probably be 20 years before robots are helping older adults.

There was also a brief discussion on Senior's Villages in some of the Scandinavian countries versus long term care. The consensus was that keeping people out of long-term care as long as possible was the best plan.

A Choir Boy's Dream.

In my early youth, in war torn London, I sang in the local parish church choir, but I always wanted to be the “Thurifer”; whose role was to lead the processional and carry the incense dispenser – the Thurible.

I had already been in trouble with the Vicar earlier that month, as he had seen me and another choir boy dripping hot wax from the tall candleholders we carried in the processional, onto the surplices of the two boys in front of us as we made our way up the aisle. So, it came as a complete surprise when, on Easter Sunday 1944 - which happened to be my 9th birthday, the Vicar asked me to be the Thurifer for the morning service - it was to be a special birthday treat.

In my wild imagination, I was leading the choir and clergy, and violently swinging the Thurible from side to side as the procession moved to the chancel. Having created a healthy glow to the charcoal, and with an extra helping of incense powder, a major cloud had developed; and I imagined the choir, clergy and altar boy emerging out of a fragrant fog – all coughing like mad.

What a thought!

The Altar Boy, who was older than me, and was usually the Thurifer - and who would be walking behind me on that day, said that if I messed this up, he would find me after the service and give me a ‘good thumping’! So, suitably warned, I started the journey out from the vestry and into the main aisle. “Swing it slowly”, the voice behind me said, “side to side, and don’t bloody drop it”. I did as he advised, not at all the vision I had in my mind - but at least I didn’t get ‘Thumped’ – and, I also didn’t get asked to do that job again either!

Sam Lewindon.

Ode to Covid - *courtesy of Probus Global*

I'm normally a social girl I love to meet my mates
But lately with the virus here We can't go out the gates.
You see, we are the 'oldies' now We need to stay inside
If they haven't seen us for a while They'll think we've upped and died.
They'll never know the things we did Before we got this old
There wasn't any Facebook So everything was told
We may seem sweet old ladies Who would never be uncouth,
But we grew up in the 60s - If you only knew the truth!
There was sex and drugs and rock 'n roll, the pill and miniskirts
We smoked, we drank, we partied and were quite outrageous flirts.
Then we settled down, got married and turned into someone's mum,
Somebody's wife, then nana, who on earth did we become?
We didn't mind the change of pace because our lives were full
But to bury us before we're dead Is like a red rag to a bull!
So here you find me stuck inside for 4 weeks, maybe more
I finally found myself again then I had to close the door!
It didn't really bother me I'd while away the hour
I'd bake for all the family but I've got no flaming flour!
Now Netflix is just wonderful I like a gutsy thriller
I'm swooning over Idris or some random sexy killer.
At least I've got a stash of booze for when I'm being idle
There's wine and whisky, even gin If I'm feeling suicidal!
So, let's all drink to lockdown to recovery and health
And hope this awful virus doesn't decimate our wealth.
We'll all get through the crisis and be back to join our mates
Just hoping I'm not far too wide to fit through the flaming gates!

Pam Ayres

Through the Lens

Spring is coming! Photos by Laurie Freebairn



Monthly Mirth



When your wedding is sponsored by Sherwin Williams ...



Just ordered my new mask!



**Sure,
I drink brake fluid.
But I can stop any-
time!**



"She complained about the porridge. She complained about the chairs. She complained about the beds. Let's see if we can make it four for four."

The best troll of the day



Doctor, when do you think covid 19 will be over?
Doctor: I don't know, I'm not a Journalist.

SHE MET HIM ONLINE...



"Sad Thing About This Joe... Is In 70 Years
We'll Be Doing The Same Thing and
Still Be Bald and No Teeth and Wearing Diapers":)



Messages, Notices and Information

“Be A Friend—Bring A friend”

Inviting a friend to join in the Meeting?

Let Kathleen know who it is, so we can arrange an introduction.

Contact Kathleen at:
kmspiess@yahoo.com



Little Black Book of Scams 2nd Edition

<https://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html>

Our thanks to Heather for this!



online workshop



"FAMILY MATTERS" WITH BRENDA L. SMITH

Tuesdays: April 6 & 20, May 4 1:00-2:30pm

Apr 6: Firm Steps on the Ancestral Trail

Where do we start?
What tools do we need?
Where do we look? Are we on the right path?
Explore the methodology for launching a family history project.

Apr 20: Ancestry Library Edition

Learn to use the free access to Ancestry Library Edition to research your family history online. Learn more about finding records about your ancestors. If you don't already have a library card, apply online at www.fvrl.bc.ca.

May 4: Family Curator-Archivist

When we assume the role of family historian we often become custodians of the objects that tell the family story. Explore basic methods to take care of your family's artifacts.

Register by email to carmen@rmsseniors.org

Separate registration per class.

Each class builds on the other, yet also stands alone.

Register no later than Apr 1 &/or Apr 15 &/or Apr 29.

Vaccination Problem?

This happened yesterday and is an important lesson for our age group.

A friend had his 2nd dose of the vaccine at the vaccination center. Afterwards he began to have blurred vision on the way home.

When he got home, he called the vaccination center for advice and to ask if he should go see a doctor or be hospitalized.

He was told NOT to go to a doctor or a hospital, but just return to the vaccination center and pick up his glasses.

Origin of the Phrase:

A Red Herring!

To draw attention away from the main task:

By dragging a rotting fish across the path of hounds pursuing the fox, in a traditional English Fox Hunt, the hounds would be drawn off the scent, and would follow the trail of the fish. A distraction.

Have a great story to tell but not a good writer?

Let Josine interview you for our Goldeneer newsletter!

Contact: eikelenboom@telus.net

“Groaner” of the Month:

I'm reading a book about anti-gravity.
I just can't put it down.